




[locked/private] Balance is still dynamic. And also scary.



standuponit
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<https://standuponit.livejournal.com/2009-08-14> 10:52:00

MOOD: 😊 grateful

MUSIC: Pop Will Eat Itself - Home

I did something today I haven't done before.

I got into crow pose in yoga class this morning--and stayed there. That's the one where you squat, rest the inside of your thighs on your elbows, and then take your feet off the floor.

See, I've been thinking that it was arm strength, that I needed to build my wrist and shoulder up to where they would support me. But it isn't. It isn't that at all. What it *is* is having the courage to let yourself rock forward until it feels like you're falling, to tuck your head down and let your shoulders drop. And then there's a moment when you feel sure you're going to faceplant right there on the mat in front of everybody--and then your feet come off the floor. And you're balancing on your hands.

Magic.

I have to remember to tell Hafs about it next visit.

I need to talk to Casey about bringing in a yoga instructor. Mindfulness practice can only help the cognitive therapy models, can't it? Picture all the happy gammas, doing yoga under glass....

This looks like a
good idea.

...

This.

...

Little guy's not
bad.

Gotta teach RHex
to smear.

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